



Friendship Heights

VILLAGE NEWS

OCTOBER 2018

VOLUME 34, NO. 10

www.friendshipheightsmd.gov

301-656-2797



Artisan Fair
see page 4.

Village to host County Executive Candidates Forum

The Village Council is sponsoring a forum at the Village Center for Montgomery County Executive candidates on **Thursday, Nov. 1, from 7 to 9 p.m.**

The candidates include Marc Elrich, Robin Ficker and Nancy Floreen. The evening will be moderated by Lou Peck of



Bethesda Magazine. In June, prior to the primary elections, Mr. Peck moderated forums for Montgomery County Executive candidates and for Montgomery County Council District 1 candidates.

The election is Tuesday, Nov. 6. Polls will be open at the Village Center from 7 a.m. to 8 p.m.

Greek is the word for this year's Fall Festival at the Village Center

From souvlaki to spanokopita, and baklava to "My Big Fat Greek Wedding," the islands of Greece offer a delectable array of food, culture and music.

Take a trip to the Mediterranean without leaving Maryland during our annual Fall Festival celebration.

Please join us on **Thursday, Oct. 11, from 6:30 to 8 p.m.**, as we celebrate this fascinating country by spotlighting the food and music of Greece.

This event brings together the community each year to celebrate friendship and fellowship.

Enjoy a sampling of Greek delicacies including chicken kabobs, spanokopita, Greek salad and pita bread from The Big Greek Cafe. Families and friends can absorb the Greek culture as they listen and dance to live traditional Greek music by The Golden Flame.



This event is free and open to all residents of the Village of Friendship Heights. For information, call the Village Center at 301-656-2797.



It's a Halloween happening for kids

The Friendship Heights Village Center will sponsor a Halloween Pizza Party for children, up to 10 years old, on **Sunday, Oct. 28, from 5 to 7 p.m.**

There will be Halloween games, refreshments and a few fright-filled activities. Admission is free, but pre-registration is required for all attendees. We cannot accommodate walk-ins. Children must be accompanied by a parent or guardian. Sign up at the Village Center by Thursday, Oct. 25. For details or to volunteer, contact Anne O'Neil at 301-656-2797. *Pizza and treats are for children only, please.*

Seniors on Stage, see page 4.



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AARP Driving Program helps you stay safe on the roads

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads.

The one-day course will be offered **Thursday, Nov. 15, from 10 a.m. to 3 p.m.**, at the Village Center.

The course costs \$15 for AARP members (you must bring your membership card when you register and also to the class) and \$20 for nonmembers. Checks should be made payable to AARP.

All students must bring their driver's license and a ballpoint pen to class. Register at the Village Center. For information, call the Center at 301-656-2797.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the November issue is Oct. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Shuttle bus stop at Giant and Metro

As this goes to press, we have been notified by the Chevy Chase Land Company that our bus can resume its regular stop in front of the Giant store, entering and exiting the Center on Western Avenue as it did previously. Construction work is nearly complete at the Chevy Chase Center.



Meanwhile, restoration work at the Friendship Heights Metro building is expected to wrap up in early October. For now our temporary bus stop is still on the Western Avenue side of the depot. Look for the removal of the construction fence in the near future.

First results of Village survey

As reported last month, we received about 400 responses to the Village survey and have been busy tabulating results. Some interesting findings: In terms of demographics, 74% of the respondents are over the age of 60, 44% are over the age of 70, and 13% are under the age of 45. Of the respondents, 72% are female, 61% live in the condominium buildings, and 40% are renters (including both the rental buildings and renters in condos). Only 4% of the respondents have children under the age of 18.

Responses indicated 86% read the Village newsletter, and 7% said they have a hard time obtaining a copy. Only 12% visit the Village website, and 38% say they don't know about the website, which is why we highlighted the site in last month's Council update. About 10% report visiting the Village's social media sites (Facebook and Nextdoor), and 36% did not know about our social media sites. Look for more information in future newsletters.

Page Park update

At the September 17 Council meeting, the Council had a lengthy discussion with arborist Kevin Clair of ArborCare regarding trees in the park. The Council then approved a motion to (1) remove the three crepe myrtles in the circular wall and transplant them elsewhere in the park; (2) plant a London planetree inside the circular wall; and (3) plant three honeylocust trees. The location of the transplanted crepe myrtles and the honeylocust trees will be determined by the arborist.

Bulletin board and signage

The Village Council's Capital Improvements and Communications Committees held a joint meeting on September 13 to discuss two design concepts for replacing the bulletin board in Humphrey Park and adding an entrance sign at the corner of South Park Avenue and Friendship Boulevard. The committee



members supported the concept as shown in the images above (the poles on either side of the bulletin board will be removed), with a few suggested modifications. Now that the concept has been approved, we will be getting a price for the work.

Additional action taken at the September 17 Council meeting:

- Approved proposed amendment to Village by-laws to clarify Village hiring policies.

The next Council meeting, open to the public, will be Monday, October 15, at 7:30 p.m.



Fair features hand-crafted items by exceptional artists

Mark your calendars for **Friday, Nov. 2 and Saturday, Nov. 3** for our 16th annual Holiday Affair artisan fair. This isn't your average craft fair—all items must be hand-crafted by the individual artists! There will be a broad range of items for purchase including pottery, wooden bowls and gifts, fused glass, textiles, children's books, honey and honey products, metal, stone, knitted and clay jewelry, paintings, photographs, ornaments, notecards, and more.

The festivities begin Friday with a reception from 5:30 to 8 p.m. Enjoy light snacks while shopping.

The fair continues Saturday, from 10 a.m. to 4 p.m. Food concessions will be available Saturday. There is no admission fee. For information, please contact Anne O'Neil at 301-656-2797.



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Seniors on Stage celebrate the season with a "poisonous" play

Enjoy live theater at the Village Center as Seniors on Stage, a group of amateur senior actors in Montgomery County, present a playreading on **Monday, Oct. 29, at 3 p.m.** In keeping with the spirit of the season, the actors will present the dark comedy, "Arsenic and Old Lace."

The play is a farcical dark comedy revolving around Mortimer Brewster, a drama critic who must deal with his crazy, homicidal family and local police in Brooklyn, as he debates whether to go through with his recent promise to marry the woman he loves.

Please let us know you are coming by calling 301-656-2797.

The Village Book Club will meet on **Tuesday, Oct. 16, at 11 a.m.** The book selection is "Little Fires Everywhere" by Celeste Ng. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

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Mischief, mayhem and marvelous music at Arena

Just a few spaces remain for our trip to Arena Stage for an evening production of Cole Porter's "Anything Goes," on **Tuesday, Nov. 27.**

The Arena Stage production features award-winning stage and screen star Corbin Bleu in the lead role of Billy Crocker.

In this madcap musical, the SS American has set sail from New York to London. Aboard, the lovelorn Billy has stowed away on a mission to find, woo and win back his true love. Unlikely alliances arise as mischief and mayhem ensue in this musical by beloved composer and Tony Award– winner Cole Porter.

The cost of the trip is \$89, if you pay before Oct. 31, and includes round-trip transportation, ticket to the performance and all taxes and gratuities.

The cost increases to \$99 after Nov. 1.

We'll depart from the Village Center at 6:15 p.m., and should return by 10:15 p.m.

Sign up immediately at the Village Center. For information, call 301-656-2797.



Join us for a spine-tingling evening of local ghost lore

Explore haunted places and hear ghostly stories of Montgomery County and the surrounding area when author Karen Yaffe Lottes presents stories from "In Search of Maryland Ghosts: Montgomery County" on **Thursday, Oct. 4, at 7 p.m.,** at the Village Center.

Learn about the many ghosts, apparitions, and supernatural occurrences that can't be explained logically, including the Headless Horseman that continues to terrorize visitors to an old railroad bridge and the poltergeist that haunts Madison House.

Presidential politics, the Civil War, the burning of Washington during the War of 1812, the French and Indian Wars and various important personages come to life through these mind-tingling stories.

This event is free and open to the public. Please call the Village Center at 301-656-2797 to let us know if you plan to attend.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Thursday, Oct. 4, 7 p.m.— No movie — Lecture: Haunted Houses of Montgomery County

Thursday, Oct. 11, 6:30–8 p.m. — No movie—Fall Festival — Celebrate the food and music of Greece at this community event.

Thursday, Oct. 18, 7 p.m. —Movie —“Ocean’s 8”— Five years, eight months, 12 days and counting -- that’s how long Debbie Ocean has been devising the biggest heist of her life. She knows what it’s going to take — a team of the best people in the field, starting with her partner-in-crime Lou Miller. Together, they recruit a crew of specialists, including jeweler Amita, street con Constance, suburban mom Tammy, hacker Nine Ball, and fashion designer Rose. Their target—a necklace that’s worth more than \$150 million. Stars Sandra Bullock, Cate Blanchett, Rihanna, and Anne Hathaway. Rated R. Running Time: 104 minutes.

Thursday, Oct. 25, 7 p.m. — Movie —“The Blair Witch Project” — Found video footage tells the tale of three film students who’ve traveled to a small town to collect documentary footage about the Blair Witch, a legendary local murderer. Over the course of several days, the students interview townspeople and gather clues to support the legend. But the story takes a frightening turn when the students lose their way in the woods and begin hearing horrific noises. Stars Heather Donahue, Joshua Leonard, and Micheal C. Williams. Rated R. Running Time: 100 minutes.



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ART and CULTURE

Friendship Gallery hosts abstract artists in October

The Friendship Gallery in October will feature the Washington Abstract Artists Group (WAAG). The artists are from the Washington, D.C., area, have diverse backgrounds and origins, and came together in an art class organized by the Smithsonian Associates, an educational arm of the Smithsonian Institution. Taught by Delna Dastur, the class on abstraction included weekly discussions on the works of different contemporary artists. The group was brought to Friendship Heights by Ana Gardano, a long-time resident of the Village and member of WAAG.

Each member of WAAG is inspired to use the artistic process of abstraction to express a range of ideas and perceptions. In this exhibit, WAAG explores how form and color, layering, stamping and other techniques form the basis of abstraction. Each member presents his or her personal narrative through the art.

There will be a reception on **Sunday, Oct. 14, from 11:30 a.m. to 1:30 p.m.**

The exhibit will run until Oct. 27. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



"Pyramids" by Ursula Brig



Come Trick or Treat at Tuesday Tea

Children 5 and under are invited to join us for a Halloween Costume Parade at the Center at 3:30 p.m. during our Tuesday Tea on **Oct. 30**.

All the little goblins in costume will get a treat. Then visit our next door neighbors at Sunrise Brighton Gardens. They will also be handling out goodies!

Our Listings in the Friendship Heights Community

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5600 Wisconsin Ave. #701
\$1,100,000: 2 BR, 2 BA,
Views, Balcony; 1,593 SqFt

5610 Wisconsin Ave. #602
\$1,995,000: 2 BR + Den, 2.5 BA,
Tree views, Balcony; 2,503 SqFt

5610 Wisconsin Ave. #1507
\$1,995,000: 2 BR + Den, 2.5 BA,
Views, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #406
\$1,299,000: 2 BR, 2.5 BA,
Tree views, Balcony; 2,023 SqFt.

5630 Wisconsin Ave. #203
\$1,599,900: 1 BR, 2 BA,
Garden views, Terrace; 1,657 SqFt



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Friendship Heights
Village Center




Calendar
of Events

2018

O C T O B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1:00 p.m.: Strength Training 3 p.m.: Concert with John Eaton</div>	<div>2</div> <div>8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12– 4 p.m.: Blood Pressure Screening 1 p.m.: Painting for Everyone 1 p.m.: Balance and Fall Prevention 2– 4 p.m.: Nurse Specialist 3–4 p.m: Tea 7 p.m.: Mat Pilates</div>	<div>3</div> <div>9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m. : Chess 7 p.m.: Concert: Eddie Sanders</div>	<div>4</div> <div>8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 7 p.m.: Lecture: Haunted Houses of Montgomery County</div>	<div>5</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</div>	<div>6</div> <div>8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs 9:30: Children’s Photoraphy 10 :30 a.m.: Basic Photography</div>
<div>7</div> <div>9:10: Yoga 9:30 –1:30 p.m: Coffee and Sunday Papers</div>	<div>8</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training Columbus Day Center closes at 2 p.m. Shuttle runs on a weekend schedule</div>	<div>9</div> <div>8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2–4 p.m.: Nurse Specialist 2:30–3:30 p.m.: Speech Therapy 3–4 p.m: Tea 7 p.m.: Mat Pilates</div>	<div>10</div> <div>9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m. : Chess 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Better Sleep 7 p.m.: Concert: Jeffrey Chappell</div>	<div>11</div> <div>8:15 a.m.: Walking Club 10:30: Chair Yoga 6:30–8 p.m.: Fall Festival</div>	<div>12</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events</div>	<div>13</div> <div>8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs 9:30 a.m.: Children’s Photoraphy 10 am.–12 p.m.:Tech Help 10 :30 a.m.: Basic Photography</div>
<div>14</div> <div>9:10: Yoga 9:30 –1:30 p.m: Coffee and Sunday Papers 11:30–1:30 p.m.: Art Reception</div>	<div>15</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING</div>	<div>16</div> <div>8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 11 a.m.: Village Book Club 12– 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2– 4 p.m.: Nurse Specialist 3–4 p.m: Tea</div>	<div>17</div> <div>9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m. : Chess 1 p.m.: All in the Eyes 5- 7 p.m.: Shred-It Truck 7 p.m.: Concert: Jenny Wilson Trio</div>	<div>18</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Ocean’s 8</div>	<div>19</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</div>	<div>20</div> <div>8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs 9:30 a.m.: Children’s Photoraphy 10 :30 a.m.: Basic Photography</div>
<div>21</div> <div>9:10: Yoga 9:30 –1:30 p.m: Coffee and Sunday Papers</div>	<div>22</div> <div>8 a.m.: Depart for Newport 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Café Muse</div>	<div>23</div> <div>8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha 12–4 p.m.: Blood Pressure Screening 1 p.m.: Painting for Everyone 2– 4 p.m.: Nurse Specialist 3– 4 p.m: Tea 7 p.m.: Mat Pilates</div>	<div>24</div> <div>9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Marty Nau</div>	<div>25</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Blair Witch Project</div>	<div>26</div> <div>9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</div>	<div>27</div> <div>8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs 9:30 a.m.: Children’s Photoraphy 10 :30 a.m.: Basic Photography</div>
<div>28</div> <div>9:10: Yoga 9:30–1:30 p.m: Coffee and Sunday Papers 5 –7 p.m.: Children’s Halloween Party</div>	<div>29</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m.–2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 3 p.m.: Seniors on Stage</div>	<div>30</div> <div>8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 1 p.m.: Painting for Everyone 2– 4 p.m.: Nurse Specialist 3–4 p.m: Tea 3:30–4 p.m.:Halloween Parade 7 p.m.: Mat Pilates</div>	<div>31</div> <div>9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Jesse Palidofsky</div>	<div>The Shred-it Truck is coming! The Shred-it truck will park on Friendship Boulevard, next to the Village Center, on Wednesday, Oct. 17, from 5 to 7 p.m. Residents are invited to bring paper materials for shredding. <i>This service is available for Village residents only.</i></div>		

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

Village Playtime offers two musical Tuesdays

Babies, toddlers and preschool children, parents, grandparents, and friends are invited to the Village Center on **Tuesday, Oct. 9 and Oct. 23, from 10 to 11 a.m.,** for special musical programs by Marsha Goodman Wood.

As part of this weekly program for younger children, Village Playtime features a variety of programs throughout the month including music by Marsha, opportunities for children to get creative with special kid-friendly art projects, and free play. Children must be accompanied by an adult or caregiver over 13. Parents, grandparents and friends are all welcome.





CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Oct. 10 – Nov. 14. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

PAINTING FOR EVERYONE

A 5-week course for all skill levels, taught by Millie Shott, Tuesdays, 1 to 3:30 p.m., Oct. 2– Oct. 30. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks, and glues. The cost is \$50 for residents; \$60 for nonresidents. Minimum number of students is eight; maximum is ten.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., Oct. 6– Dec. 1, \$130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/>

kindalewcollective.

BASIC PHOTOGRAPHY FOR CHILDREN

An 8-week course in black and white and color photography for children, taught by Llewellyn Berry, Saturdays, 9:30 a.m. to 10:30 a.m., Oct. 6–Dec. 1, \$75. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. A minimum of four students is required.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Oct. 30 —Dec. 11. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Class will not meet on Nov. 6.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Nov. 2–Dec. 14. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its

complexities for over 15 years. \$70 for residents; \$75 for nonresidents. Class will not meet on Nov. 23.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Oct. 31–Dec. 5. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

An 8-week class, Mondays, 9:30 to 10:30 a.m., Oct. 29–Dec. 17. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)

An 8-week class, Wednesdays, 9:30–10:30 a.m., Oct. 31–Dec. 19. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Oct. 23–Dec. 4. Pilates movements tone the body from "the

inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel. The class will not meet Nov. 6.

SEATED YOGA & MEDITATION

A 5-week class, Thursdays, 10:30 to 11:45 a.m., Oct. 11–Nov. 8. Students are seated in chairs or use chairs for support. The class includes stretching and guided meditation. Instructor Louisa Klein brings more than 40 years teaching experience. \$60 for residents; \$65 for nonresidents.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, will conduct a six-week Spanish conversation group beginning in November. Will meet Thursdays, from 4 to 5:30 p.m., Nov. 8–Dec. 20. The group will not meet on Nov. 22. Open to all ages, but please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Oct. 29–Dec. 3. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in discussions of works, usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of every month, 2:30 to 3:30 p.m.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday, 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Toys and play equipment will be set out at the Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver or family member over age 13. *Note new day and time.*

VISION SUPPORT GROUP

Meets once per month; check calendar for day and time. Call Janet Morrison at 301-538-9358 for details. See page 13.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

We’re starting up a STEM club

Does your pre-teen have a knack for math? Why not have him or her join the STEM club we are forming for third to fifth-graders at the Village Center this winter. The club will meet Thursdays, 4 to 5 p.m., and will be led by Bethesda Chevy Chase sophomore Andrea Revulchi. Please let us know if you’re interested. Contact Anne O’Neil at 301-656-2797 or aoneil@friendshipheightsmd.gov.



CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall in the Village Center.

Wednesday, Oct. 3 — Eddie Sanders— Eddie Sanders has been an active bassoonist in the Washington, D.C., area for more than 20 years. He made his Kennedy Center Concert Hall debut at age 20, and was a winner of the Yamaha Young Performing Artist Competition. He has been a member of the U.S. Air Force Band since 2000 and was named principal bassoonist in 2002. He has also been a member of the Air Force woodwind quintet, the Air Force Reed Quintet, and a founding member of the Atlantic Reed Consort, a cutting-edge chamber music ensemble that made its Carnegie Hall debut in January 2017.

Wednesday, Oct. 10 — Jeffrey Chappell — Pianist Jeffrey Chappell has performed throughout the United States in recitals and playing chamber music. He has been a soloist with major symphony orchestras including the Philadelphia, St. Louis, Pittsburgh, Houston and Indianapolis symphony orchestras. Crossroads of Classical and Jazz is a program that shows the influences of each style on the other. It includes works by Chopin and Ravel, as well as some of Mr. Chappell's own arrangements, improvisations, and compositions.

Wednesday, Oct. 17 — Jenny Wilson Jazz Trio— Jenny Wilson is the pianist and vocalist of this family jazz trio. She will be joined by her husband, Nathan, on acoustic bass, and son Evan Lintz on drums. With the program "Our Love Is Here to Stay," the trio will perform love songs from the Great American Songbook, "West Side Story," select

contemporary performers, and some original compositions from Jenny and Nathan.

Wednesday, Oct. 24 —Marty Nau — Marty Nau is a 38-year veteran of the Washington, D.C., jazz and music scene, entering the Navy Music Program after high school in 1977, and eventually earning a chair in the Navy's premier jazz ensemble, the U.S. Navy Commodores, in 1984. Outside the Navy, he played in many big bands, small groups and jam sessions. He has recorded five CDs under his own name and has appeared on many other recordings as a sideman. He has studied with jazz legend Phil Woods, clarinet legend Eddie Daniels, soprano saxophonist Dave Liebman, and jazz pianist Hal Galper. Since retiring from the Navy in 1997, he joined the Capitol Quartet. His freelance activities include playing with the Baltimore Symphony, the Philadelphia Orchestra, the Metropolitan Jazz Ensemble and numerous symphonies across the nation.

Wednesday, Oct. 31 —Jesse Palidofsky —Jesse Palidofsky has performed his original songs at the Washington Folk Festival, at the National Theatre and on the Sloop Clearwater with Pete Seeger. Jesse's music has received radio airplay on numerous public radio stations throughout the United States and Germany.

John Eaton explores Broadway and beyond

Piano player, vocalist and humorist John Eaton will highlight the music of George Gershwin, Duke Ellington, Cole Porter, and other greats on **Monday, Oct. 1, at 3 p.m.**, at the Village Center.

Mr. Eaton has been performing professionally for more than 30 years, from jazz clubs to a command performance in the East Room of the White House, and is considered one of the foremost interpreters of American music. For many years he has also taught a very popular series of classes titled "American Songwriters" at the Smithsonian, Wolf Trap Farm Park and the Friendship Heights Village Center. After the concert please stay to enjoy refreshments and chat with Mr. Eaton. Please call 301-656-2797 to RSVP.

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

TO YOUR HEALTH

Tired of counting sheep?

This month's Suburban Lecture addresses what's keeping you up at night and ways to get the ZZZs you need on **Wednesday, Oct. 10, from 1 to 2 p.m.**, at the Village Center.

Getting a good night's sleep is critical to maintaining physical and emotional health. Dr. Deidre J. Ammah, neurologist, will highlight common sleep disorders and the negative impact they might have on your health.

The discussion will also include how health can affect sleep patterns and treatments available. The lecture is free, but please call the



Village Center at 301-656-2797 to let us know if you plan to attend.

Vision Support Group

The Vision Support Group will take a break from meeting at the Village Center this month. The group invites you to attend a free vision research forum on Oct. 30, from 10 a.m. to 12 p.m. at the Leisure World Lions Club in Silver Spring. Wai Wong, MD, PhD, of National Eye Institute (NEI) at the National Institute of Health (NIH) will discuss impact of regenerative medicine and the progress in preserving and restoring sight. Dr. Suleiman Alibhai, Director, Low Vision Learning Center will discuss the advent of new technologies. For details, call Janet Morrison at 301-598-9358.



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Café Muse presents...

This month's Cafe Muse, on **Monday, Oct. 22**, will feature poets Rosemary Winslow and Pamela Murray Winters.

Rosemary Winslow is the author of "Defying Gravity" (David Robert Books, 2018) and "Green Bodies" (The Word Works, 2007). She is a three-time winner of the Larry Neal Award for Poetry, has garnered fellowships and grants, and was a finalist in the Richard Snyder Poetry Book Contest. Her poetry appears in "Southern Review," "Valparaiso Poetry Review," "Poet Lore," "Innisfree," and other publications. She lives in Washington, D.C.

Pamela Murray Winters is the author of "The Unbeconable Bird" (FutureCycle Press, 2018), her debut collection. She is a Master of Fine Arts graduate of the Vermont College of Fine Arts and has long been involved in poetry events in the Annapolis area. Her work appears in "Gargoyle," "Beltway Poetry Quarterly," "Tinderbox," the "Gettysburg Review," "Subtropics," and elsewhere. She is a former music journalist and a proofreader for hire.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open mic that concludes the Café Muse program. The program is present-

ed by the Friendship Heights Village Center and The Word Works, a nonprofit literary organization.

Monday, Nov. 19: Café Muse will feature poets Anne Becker and Myra Sklarew. Please note that the November program will be held at the Writer's Center in Bethesda.



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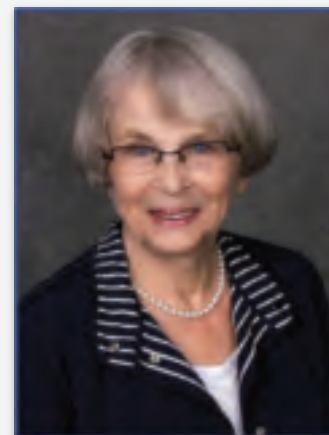
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Get to know the Sam Solovey Group



Sam Solovey

- Licensed in MD, DC & VA
- Practicing real estate over 15 years
- Native Washingtonian
- Former radio talk show host
- Co-owned a publishing company
- Graduate of Colgate University
- Owner at The Carleton
- Married with 3 young children

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Richard Gross

- Licensed Exclusively in MD
- Practicing real estate Nearly 40 years
- Born in Shaker Heights, OH
- Former international banker & economist
- Graduate of Georgetown University
School of Foreign Service
- Fitness fanatic & world traveler
- Owner & resident at 4620 North Park



Stan Watters

- Licensed in MD, DC, & VA
- Practicing real estate nearly 10 years
- Born in Atlanta, GA
- Former non-profit & hotel executive
- Graduate of the College of William & Mary
- Travelled to 30 countries on 5 continents
- Choral singer
- Lives with Partner of 13 years in Upper NW DC

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October 2018 events calendar